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Everything you need to make being happy, healthy and safe just a bit easier. Bob Livingstone is a Licensed Clinical Social Worker (LCS 11087) in private practice for 22 years in San Francisco, California. He holds a Masters Degree...[Read More](#) Many of us have that anxious feeling running through our bodies on a regular basis. That feeling comes in a variety of states; from ... Vol. 17, No. 2 • May 2013. Being Safe vs. Feeling Safe by Jeanne Preisler. Every human has emotions. We feel happy some times and mad at other times. We can feel angry, silly, and excited all in the same day! How to Be Happy. Happiness is not a simple goal, but is about making progress, when it's as elusive as ever. Being happy often means continually finding satisfaction, contentment, a feeling of joy, and a sense that your life is meaningful... - Feeling Happy Feeling Safe